

Montana Gumbo

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Prep Time: 30 min

Inactive Prep Time: hr min

Cook Time: 45 min

Level: Easy – use leftover baked chicken and oven baked brown rice

Serves: 6 (serving size: 1 cup gumbo and ½ cup rice)



Ingredients

- 12 ounces homemade venison breakfast sausage (or smoked sausage cut into ¼ inch slices or use any sausage you like)
- 1/4 cup whole wheat flour
- 2 tablespoons canola oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped [Poblano](#) pepper (or substitute green bell pepper for some or all)
- 6 garlic cloves, minced
- 1 teaspoon chopped fresh thyme, use 3/4 teaspoon powdered if you don't have fresh
- 2 teaspoons Creole seasoning such as Emeril's ESSENCE Creole Seasoning (recipe follows)
- 3/4 teaspoon hot pepper sauce
- 1 (14.5-ounce) cans no-salt added chopped tomatoes, undrained
- 4 cups homemade chicken or vegetable broth (can use canned)
- 1 bay leaf
- 1 1/2 cups leftover baked chicken, roughly chopped
- 1/2 pound medium shrimp, peeled and deveined (I use frozen if I can't find fresh)
- 1 (10-ounce) package frozen cut okra, thawed
- Kosher salt and freshly ground black pepper
- Baked brown rice (recipe follows)
- 1/4 bunch parsley
- Lemon wedges

Directions

Coat bottom of Dutch oven with spray cooking oil. Add the sausage and cook until browned, then remove.

If needed, add 2 tablespoons canola oil. Add the onion, celery, green pepper, and garlic. Cook, while stirring frequently, for 5 minutes. Sprinkle vegetables with 1/4 cup flour; cook 5 minutes stirring constantly. Stir in thyme, Creole seasoning, hot pepper sauce, tomatoes, chicken broth and bay leaf, whisking constantly. Bring to a boil; reduce heat, and simmer, uncovered, 10 minutes.

Add cooked sausage and chicken; add shrimp, and okra; cover and simmer 5 minutes or until shrimp are done (do not overcook the shrimp). Discard bay leaf. Season with salt and pepper to taste.

Serve over baked brown rice. Garnish with freshly chopped parsley and drizzle with lemon juice.

Merle's Notes: This is a very easy and substantial soup. We love to take it in a thermos on the river during the early spring when the weather can be pretty cold! When taking it on the river, I just stir the rice in before filling the wide-mouth thermos.

The Poblano pepper adds a kick. If you want to tame it down, use green bell pepper, or a mix of both instead.

The layers of flavors depend on the combination of meats, garlic, and the richness of the broth. That is why I make and freeze my own broth. I can infuse the liquid with deep, rich flavors of roasted vegetables parings, garlic, and chicken or other meat bones.

The parsley and lemon can be added to the top of the thermos and as the soup jostles in the boat, it will mix in and add another layer of flavor – or bring the garnish along in a separate container and add to the serving dish before eating.

Baked Brown Rice

Prep Time: 5 min

Inactive Prep Time: hr min

Cook Time: 1 hr 5 min

Level: Easy

Serves: 6 servings

Ingredients

- 1 1/2 cups brown rice, medium or short grain
- 3 cups homemade broth or water
- 1 bay leaf
- 1 tablespoon unsalted butter or olive oil
- 1 teaspoon kosher salt

Directions

Preheat the oven to 375 degrees F.

Place the rice into an 8-inch square glass baking dish.

Bring the broth or water, butter, and salt just to a boil in the microwave, a covered saucepan, or a kettle. Once the liquid boils, pour it over the rice, stir to combine, and cover the dish tightly with a lid or heavy-duty aluminum foil. Bake on the middle rack of the oven for 1 hour.

After 1 hour, remove cover and fluff the rice with a fork. Serve immediately.

Be creative: For different flavors, add herbs or spices, lightly sautéed onion, celery, mushrooms, whatever suits your fancy!

Merle's Note for Emeril's ESSENCE: Buy the ingredients at a health food store in bulk to make it fresh, cost effective, and best tasting. I mix a big batch and give it away as gifts (after I put a jar in my cupboard, of course).

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Combine all ingredients thoroughly.

Yield: 2/3 cup

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch

Published by William Morrow, 1993.